

Presented by  
Unity Coat  
Disability Awareness Group  
Fermilab

# **Emergency Preparedness Tips for Those with Functional Needs**

An overview.

Original document prepared by:  
State of Illinois  
Illinois Terrorism Task Force

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# Be Prepared

- Being prepared for disasters or emergencies is critically important in today's ever changing environment.
- Your ability to successfully respond to a disaster is directly related to your preparedness prior to the disaster.
- Contact your local emergency management agency, local chapter of the American Red Cross, or visit the Ready Illinois website [www.ready.illinois.gov](http://www.ready.illinois.gov) for additional information on preparing for disasters and emergencies.

# Be Prepared additional information

The tip sheets in this presentation are designed to be used in conjunction with:

- “Preparing for Disaster for People with Disabilities and Other Special Needs” <http://www.fema.gov/library/viewRecord.do?id=1442>
- “Emergency Health Information Card”  
[http://www.ready.illinois.gov/pdf/PreparednessTips\\_FunctionalNeeds\\_HealthCard.pdf](http://www.ready.illinois.gov/pdf/PreparednessTips_FunctionalNeeds_HealthCard.pdf)
- “Emergency Preparedness Tips for those with Functional Needs” (This publication also contains “Preparing for Disaster for People with Disabilities and other Special Needs” and the Emergency Health Information Card)  
[http://www.ready.illinois.gov/pdf/PreparednessTips\\_FunctionalNeeds.pdf](http://www.ready.illinois.gov/pdf/PreparednessTips_FunctionalNeeds.pdf)



# Cognitive Impairments

Disaster Tips

# Disaster Tips

## Cognitive Impairments

### 1. Get a Kit (In addition to the Disaster Supplies Kit highlighted later in this presentation)

- ❑ List of key phrases on a card for emergency personnel.
- ❑ Your card might say:
  - I cannot read.
  - I communicate using an assistive communication device. I can point to simple pictures or key words, which you will find in my wallet or emergency supply kit.
  - I may have difficulty understanding what you are telling me; please speak slowly and use simple language.
  - I forget easily. Please write down information for me.

# Disaster Tips

## Cognitive Impairments continued

**2. Make a Plan** Create a Personal Assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. Some things to consider are:

- ❑ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ❑ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, pager, instant message, etc.).

# Disaster Tips

## Cognitive Impairments *continued*

- ❑ Decide where to meet your household members if you become separated.
- ❑ Complete an Emergency Health Information Card.
- ❑ Secure Computers and anchor special equipment.

# Disaster Tips

## Cognitive Impairments continued

### 3. Be Informed

- ❑ Learn your community's response and evacuation plans.
- ❑ Learn the emergency plans and procedures that exist in places you and your family spend time. Develop a communication plan with them.
- ❑ Some communities may ask people with a disability to register so assistance can be provided in an emergency. Contact your local emergency authorities.
- ❑ Ask your city or county how they will warn you of a disaster situation.
- ❑ Know which television and radio stations in your area broadcast the Emergency Alert System.



# Disaster Tips

## Cognitive Impairments continued

CHECK OFF	DATE	ACTIVITY TO BE COMPLETED
		Put together my Disaster Supplies Kit.
		Completed a Personal Assessment.
		Created a Support Network.
		Arranged an out-of-town contact.
		Completed my Emergency Health Information Card.
		Installed audible alarms and visual smoke alarms.
		Gathered my Emergency Documents.
		Created my Communication Plan.
		Told my family, neighbors, local emergency teams, local fire department what I need in an emergency situation.



# Deaf or Hard of Hearing

Disaster Tips

# Disaster Tips

## Deaf or Hard of Hearing

### 1. **Get a Kit** (In addition to the Disaster Supplies Kit highlighted later in this presentation)

- ❑ Extra hearing aids and batteries.
- ❑ A list of key phrases or card for emergency personnel. Your card might say:
  - I need an interpreter.
  - I need announcements written.
- ❑ Extra batteries for: visual or sensory alarms, pagers and TTY.
- ❑ Car charger for pager/communication devices.

# Disaster Tips

## Deaf or Hard of Hearing continued

**2. Make a Plan** Create a Personal Assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. Some things to consider are:

- ❑ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ❑ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, pager, instant message, etc.).

# Disaster Tips

## Deaf or Hard of Hearing continued

- ❑ Decide where to meet your household members if you become separated.
- ❑ Complete an Emergency Health Information Card.
- ❑ Check that all of your visual and vibrating alerting devices have battery back-up in the event of a power outage.
- ❑ Install audible, vibrating and visual smoke alarms.
- ❑ Secure Computers and anchor special equipment. Create a back-up system for important data and store it off-site.

# Disaster Tips

## Deaf or Hard of Hearing continued

### 3. Be Informed

- ❑ Learn your community's response and evacuation plans.
- ❑ Learn the emergency plans and procedures that exist in places you and your family spend time. Develop a communication plan with them.
- ❑ Some communities may ask people with a disability to register so assistance can be provided in an emergency. Contact your local emergency authorities.
- ❑ Ask your city or county how they will warn you of a disaster situation.
- ❑ Know which television and radio stations in your area broadcast the Emergency Alert System.
- ❑ Ask your local emergency management office if they have an emergency notification system that can interface with a TTY.

# Disaster Tips

## Deaf or Hard of Hearing continued

CHECK OFF	DATE	ACTIVITY TO BE COMPLETED
		Put together my Disaster Supplies Kit.
		Completed a Personal Assessment.
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		Arranged an out-of-town contact.
		Completed my Emergency Health Information Card.
		Installed audible, vibrating and visual smoke alarms.
		Gathered my Emergency Documents.
		Created my Communication Plan.
		Told my family, neighbors, local emergency teams, local fire department what I need in an emergency situation.



# Life Support Systems

Disaster Tips



# Disaster Tips

## Life Support Systems

### **1. Get a Kit** (In addition to the Disaster Supplies Kit highlighted later in this presentation)

- ❑ Tools and supplies needed to maintain the respirators or other electric-powered medical equipment.
- ❑ Two-week supply of such items as dressings, nasal cannulas and suction catheters.
- ❑ Copies of your medical records that describe your condition, prescription and medical equipment needs.

# Disaster Tips

## Life Support Systems continued

- ❑ A list of key phrases or card for emergency personnel. Your card might say:
  - I have a condition that requires me to use a respirator or life support equipment.
- ❑ A list of the name and manufacturer of the respirator and life support equipment.

# Disaster Tips

## Life Support Systems continued

**2. Make a Plan** Create a Personal Assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. Some things to consider are:

- ❑ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ❑ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, pager, instant message, etc.).

# Disaster Tips

## Life Support Systems continued

- ❑ Decide where to meet your household members if you become separated.
- ❑ Complete an Emergency Health Information Card.
- ❑ Make prior arrangements with your physician or check with your oxygen supplier about emergency plans for those on respirators or other electric-powered medical equipment.
- ❑ Inform your personal support network how to operate and safely move your equipment.
- ❑ Label equipment. Add laminated instruction cards and attach to equipment.
- ❑ Secure any life support equipment to prevent damage from falling.

# Disaster Tips

## Life Support Systems continued

- ❑ If your power back-up system relies on storing batteries, be aware of the disadvantage.
  - Regularly check back-up or alternative power equipment to ensure it will function during an emergency.
  - Know the working duration of any batteries that support your system.
  - Discuss with your utility company the type of back-up power you plan to use.
  - Alternate Power: Discuss with your equipment supplier alternative power sources that will provide support for up to five-seven days:
    - Could you use a generator? What type?
    - Could you use manually operated equipment?
    - Can your equipment be powered from a vehicle battery? If yes, obtain necessary hardware for the hook-up.

# Disaster Tips

## Life Support Systems continued

- ❑ Many utility companies maintain a list of people dependent upon powered life support systems and tag their meters. If this service is available in your area, please register with your local utility company(ies). NEVER COUNT ON YOUR POWER BEING QUICKLY RESTORED. Utility personnel may not be able to get to you after a major disaster.
- ❑ Generator: Obtain a generator if appropriate and feasible.
- ❑ Secure Computers and anchor special equipment. Create a back-up system for important data and store it off-site.

# Disaster Tips

## Life Support Systems continued

### 3. Be Informed

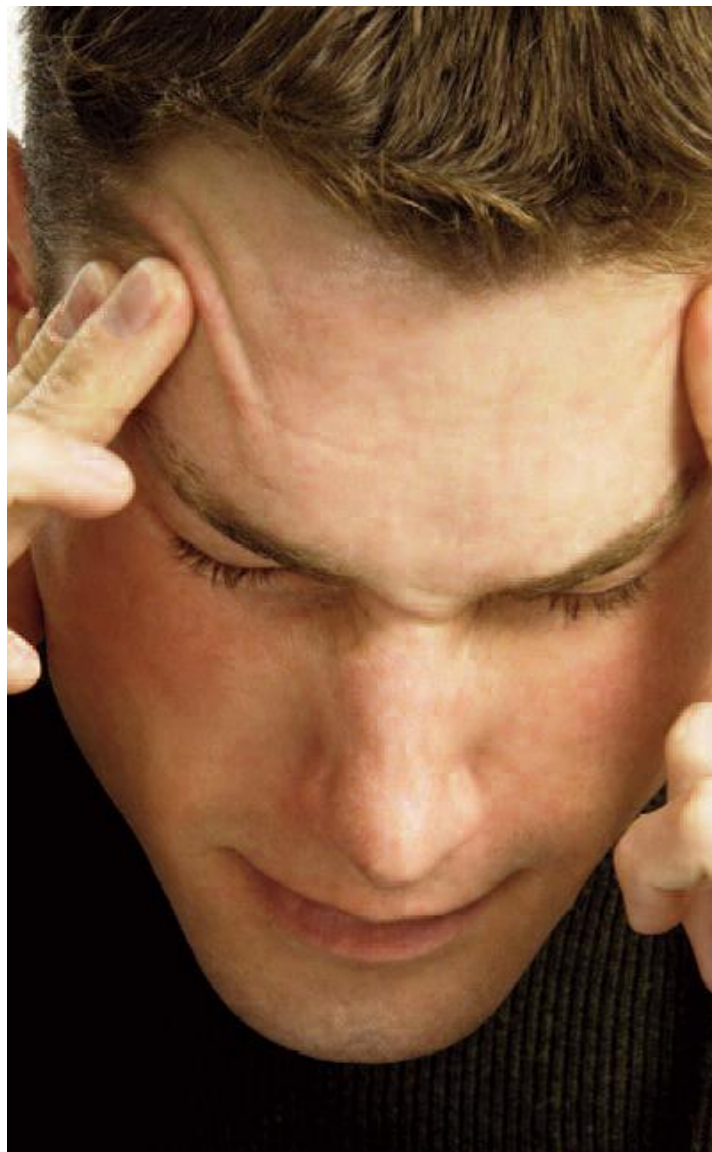
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- ❑ Learn the emergency plans and procedures that exist in places you and your family spend time. Develop a communication plan with them.
- ❑ Some communities may ask people with a disability to register so assistance can be provided in an emergency. Contact your local emergency authorities.
- ❑ Ask your city or county how they will warn you of a disaster situation.
- ❑ Know which television and radio stations in your area broadcast the Emergency Alert System.

# Disaster Tips

## Life Support Systems continued

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# Mental Health and Substance Abuse

Disaster Tips

# Disaster Tips

## Mental Health and Substance Abuse

### 1. Get a Kit (In addition to the Disaster Supplies Kit highlighted later in this presentation)

- ❑ Include in your emergency disaster kit the name and phone number of your local mental health professional(s), your recovery sponsor and/or other persons you rely upon for support.
- ❑ List of key phrases for emergency personnel that could include:
  - I have experienced mental health and/or substance abuse problems in the past
- ❑ Name and phone number of your primary care physician and mental health and/or substance abuse professional care provider.
- ❑ A copy of medications and information about where you receive the medication, name of drug(s) and dosage.

# Disaster Tips

## Mental Health and Substance Abuse continued

**2. Make a Plan** Create a Personal Assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. Some things to consider are:

- ❑ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ❑ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, pager, instant message, etc.).

## Disaster Tips

# Mental Health and Substance Abuse continued

- ❑ Decide where to meet your household members if you become separated.
- ❑ Complete an Emergency Health Information Card.

# Disaster Tips

## Mental Health and Substance Abuse continued

- ❑ Know the signs and symptoms of common reactions to a disaster, develop and discuss coping skills with family and friends. Disasters can cause many feelings. When those feelings don't go away over a few weeks or seem to get worse, it may be appropriate to seek help for yourself or the person in your life who is experiencing these difficulties. Some signs are:
  - Feeling tense and nervous
  - Being tired all the time
  - Sleep problems
  - Crying often or easily
  - Wanting to be alone most of the time
  - Drinking alcohol or taking drugs more often or excessively
  - Feeling numb
  - Being angry or irritable
  - Having problems concentrating and remembering things

## Disaster Tips

# Mental Health and Substance Abuse continued

- ❑ If you have ever experienced a problem with alcohol or other drugs:
  - Practice how to communicate your needs.
  - Stress is a trigger for beginning or resuming substance abuse. Anticipate the types of reactions to disaster and discuss this with your sponsor or other persons you rely upon for support.
  - Practice techniques to avoid alcohol, drugs, and excessive caffeine.
  - Stay clear of persons or places that may trigger relapse.
- ❑ Secure Computers and anchor special equipment. Create a back-up system for important data and store it off-site.

# Disaster Tips

## Mental Health and Substance Abuse continued

### 3. Be Informed

- ❑ Learn your community's response and evacuation plans.
- ❑ Learn the emergency plans and procedures that exist in places you and your family spend time. Develop a communication plan with them.
- ❑ Some communities may ask people with a disability to register so assistance can be provided in an emergency. Contact your local emergency authorities.
- ❑ Ask your city or county how they will warn you of a disaster situation.
- ❑ Know which television and radio stations in your area broadcast the Emergency Alert System.

## Disaster Tips

### Mental Health and Substance Abuse continued

CHECK OFF	DATE	ACTIVITY TO BE COMPLETED
		Put together my Disaster Supplies Kit.
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		Created a Support Network.
		Arranged an out-of-town contact.
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		Installed audible and visual smoke alarms.
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		Told my family, neighbors, local emergency teams, local fire department what I need in an emergency situation.





# Mobility Impairments

Disaster Tips

# Disaster Tips

## Mobility Impairments

### 1. Get a Kit (In addition to the Disaster Supplies Kit highlighted later in this presentation)

- ❑ Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass and debris.
- ❑ If you use a motorized wheelchair/scooter, consider having extra batteries available.
- ❑ If you do not have puncture proof tires, keep a patch kit or can of “seal-in-air product” to repair flat tires and/or also keep an extra supply of inner tubes.
- ❑ Store a lightweight manual wheelchair, if available.
- ❑ Have electrical back-up for any medical equipment.

# Disaster Tips

## Mobility Impairments continued

**2. Make a Plan** Create a Personal Assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. Some things to consider are:

- ❑ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ❑ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, pager, instant message, etc.).

# Disaster Tips

## Mobility Impairments continued

- ❑ Decide where to meet your household members if you become separated.
- ❑ Complete an Emergency Health Information Card.
- ❑ Secure Computers and anchor special equipment.
- ❑ If you use a motorized wheelchair/scooter, consider having an extra battery available. Check with your vendor for options.

# Disaster Tips

## Mobility Impairments continued

- ❑ Arrange and secure furniture and other items to provide paths of travel and barrier free passages.
- ❑ If you spend time above the first floor of an elevator building, plan and practice using alternate methods of evacuation.
- ❑ If you cannot use stairs, discuss lifting and carrying techniques that will work for you. There will be instances where wheelchair users will have to leave the chairs behind in order to safely evacuate a structure.

# Disaster Tips

## Mobility Impairments continued

- ❑ Make prior arrangements with your physician or check with your oxygen supplier about emergency plans for those on respirators or other electric-powered medical equipment. Be sure to have electrical back-up for any medical equipment.
- ❑ Secure Computers and anchor special equipment. Create a back-up system for important data and store it off-site.

# Disaster Tips

## Mobility Impairments continued

### 3. Be Informed

- ❑ Learn your community's response and evacuation plans.
- ❑ Learn the emergency plans and procedures that exist in places you and your family spend time. Develop a communication plan with them.
- ❑ Some communities may ask people with a disability to register so assistance can be provided in an emergency. Contact your local emergency authorities.
- ❑ Ask your city or county how they will warn you of a disaster situation.
- ❑ Know which television and radio stations in your area broadcast the Emergency Alert System.
- ❑ Ask your local emergency management office if they have an emergency notification system that can interface with a TTY. This system can contact people in an affected area.

# Disaster Tips

## Mobility Impairments continued

CHECK OFF	DATE	ACTIVITY TO BE COMPLETED
		Put together my Disaster Supplies Kit.
		Completed a Personal Assessment.
		Created a Support Network.
		Arranged an out-of-town contact.
		Completed my Emergency Health Information Card.
		Installed audible alarms and visual smoke alarms.
		Gathered my Emergency Documents.
		Created my Communication Plan.
		Told my family, neighbors, local emergency teams, local fire department what I need in an emergency situation.





# Senior

## Disaster Tips

# Disaster Tips Seniors

## 1. Get a Kit (In addition to the Disaster Supplies Kit highlighted later in this presentation)

- ❑ Extra hearing aids and batteries.
- ❑ Have a three-day supply of any medication you are prescribed and/or a copy of your prescription medications and dosages. Make sure you have a list of any allergies.
- ❑ Extra eyeglasses.
- ❑ Extra wheelchair batteries, oxygen.
- ❑ List of the style and serial number of medical devices, such as pacemakers.

# Disaster Tips

## Seniors *continued*

- ❑ Medical insurance and Medicaid/Medicare cards.
- ❑ List of doctors and relatives or friends who should be notified if you are injured.
- ❑ Any other items you may need.
- ❑ List of key phrases for emergency personnel about any special needs. This list could include:
  - I need an interpreter
  - I need announcements written
  - I am prescribed (this medication) and (this dosage)
  - I have a (visual, hearing) impairment
  - I have (this) medical need

# Disaster Tips

## Seniors continued

**2. Make a Plan** Create a Personal Assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. Some things to consider are:

- ❑ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ❑ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, pager, instant message, etc.).

# Disaster Tips

## Seniors *continued*

- ❑ Decide where to meet your household members if you become separated.
- ❑ Complete an Emergency Health Information Card.
- ❑ Plan and practice the escape route from your home.
- ❑ Plan for transportation if you need to evacuate to a shelter.
- ❑ Discuss your plan with family and friends – discuss who will check on you in the event of an emergency.
- ❑ Make sure that person has an extra key to your home and knows where you keep emergency supplies.
- ❑ Find the safe spots in your home for each type of emergency.

# Disaster Tips

## Seniors continued

- ❑ Have a plan to signal for help.
- ❑ Post emergency phone numbers near the phone.
- ❑ If you have a health care service, plan ahead with your agency for emergency procedures.
- ❑ Teach those who may need to assist you in an emergency on how to operate necessary equipment. Be sure they will be able to reach you.
- ❑ Some communities may ask people with a disability to register so assistance can be provided in an emergency. Contact your local emergency authorities.

# Disaster Tips

## Seniors *continued*

- ❑ Contact your local Area Agency on Aging (AAA) to see if they have a Special Needs Registry. Find your local AAA by calling the Illinois Department on Aging's Senior HelpLine at 1-800-252-8966 or visit their website at: [www.state.il.us/aging/](http://www.state.il.us/aging/)
- ❑ Include in your plan the name and phone number of your local Area Agency on Aging.
- ❑ Check that all of your visual and vibrating alerting devices have battery back-up in the event of a power outage. Replace batteries every six months.
- ❑ Install audible and visual smoke alarms.
- ❑ Secure Computers and anchor special equipment. Create a back-up system for important data and store it off-site.

# Disaster Tips

## Seniors continued

### 3. Be Informed

- ❑ Learn your community's response and evacuation plans.
- ❑ Learn the emergency plans and procedures that exist in places you and your family spend time. Develop a communication plan with them.
- ❑ Some communities may ask people with a disability to register so assistance can be provided in an emergency. Contact your local emergency authorities.
- ❑ Ask your city or county how they will warn you of a disaster situation.
- ❑ Know which television and radio stations in your area broadcast the Emergency Alert System.



# Disaster Tips

## Seniors continued

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# Service Animals and Pets

Disaster Tips

# Disaster Tips

## Service Animals and Pets

### 1. **Get a Kit** (In addition to the Disaster Supplies Kit highlighted later in this presentation)

- ❑ Create an Animal Supply Kit and Take-Along-Bag (for each animal):
  - Two-week supply of water (plastic gallon jugs) and food
  - Non-spill food and water dishes
  - Manual can opener and spoons
  - Animal/service animal identification information, veterinary records and proof of ownership
  - Cage/carrier (labeled with contact information: pet's name, owner's name, address and phone number and an emergency name and phone number)

# Disaster Tips

## Service Animals and Pets

- ❑ Create an Animal Supply Kit and Take-Along-Bag (for each animal) continued:
  - Favorite toys, treats, blankets
  - Leash, collar, harness, muzzle, stakes and tie downs
  - Litter, litter pan, litter scoop
  - Newspaper (for bedding or litter)
  - Paper towels and plastic baggies
  - First aid kit and manual (call your vet)

# Disaster Tips

## Service Animals and Pets continued

**2. Make a Plan** Create a Personal Assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. Some things to consider are:

- ❑ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ❑ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, pager, instant message, etc.).

# Disaster Tips

## Service Animals and Pets *continued*

- ❑ Decide where to meet your household members if you become separated.
- ❑ Complete an Emergency Health Information Card.
- ❑ Check your Animal Supply Kit and Take-A-Long Bag every six months to keep information current and supplies fresh.
- ❑ Make sure your service animals and pets have current I.D. tags. Consider other methods of identification, such as microchip.
- ❑ Plan how your pets will be cared for if you have to evacuate. Pets, in contrast to service animals, are not allowed in emergency shelters due to health regulations.

# Disaster Tips

## Service Animals and Pets continued

- ❑ Establish relationships with other animal owners in your neighborhood, so in case you are not home, there will be someone to help your animal.
- ❑ Pets and service animals may become confused or frightened during and after disaster; keep them confined or securely leashed/harnessed. A leash/harness is an important item for managing a nervous animal. Be prepared to use alternative ways to negotiate your environment.
- ❑ Secure Computers and anchor special equipment. Create a back-up system for important data and store it off-site.

# Disaster Tips

## Services Animals and Pets continued

### 3. Be Informed

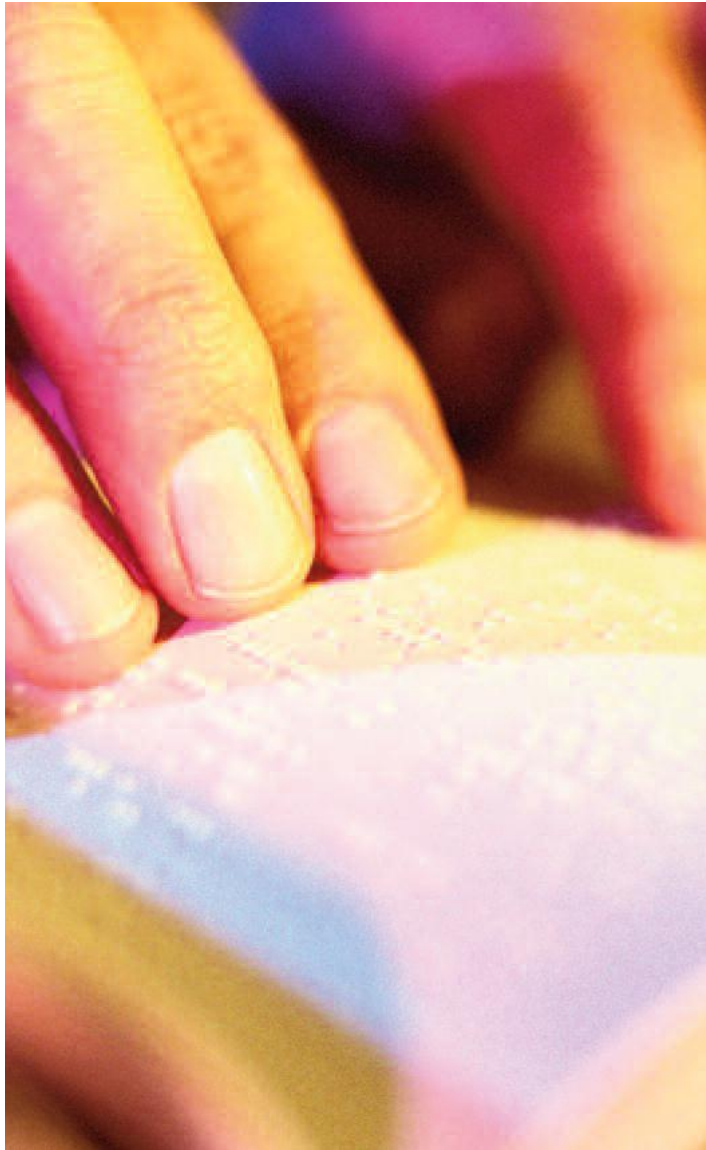
- ❑ Learn your community's response and evacuation plans.
- ❑ Learn the emergency plans and procedures that exist in places you and your family spend time. Develop a communication plan with them.
- ❑ Some communities may ask people with a disability to register so assistance can be provided in an emergency. Contact your local emergency authorities.
- ❑ Ask your city or county how they will warn you of a disaster situation.
- ❑ Know which television and radio stations in your area broadcast the Emergency Alert System.
- ❑ Ask your local emergency management office if they have an emergency notification system that can interface with a TTY. This system can contact people in an affected area.



# Disaster Tips

## Service Animals and Pets continued

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# Visual Impairments

Disaster Tips

# Disaster Tips

## Visual Impairments

### 1. **Get a Kit** (In addition to the Disaster Supplies Kit highlighted later in this presentation)

- ❑ Medications and Special Items – extra folding mobility cane, extra pair of dark glasses (if medically required).
- ❑ Tape recorder and extra batteries.
- ❑ Create an Animal Supply Kit and Take-Along-Bag (if necessary) for each animal:
  - Two-week supply of water (plastic gallon jugs) and food
  - Non-spill food and water dishes
  - Manual can opener and spoons
  - Animal/service animal identification information, veterinary records and proof of ownership

# Disaster Tips

## Visual Impairments continued

- ❑ Create an Animal Supply Kit and Take-Along-Bag (for each animal) continued:
  - Cage/carrier (labeled with contact information: animal's name, owner's name, address and phone number and an emergency name and phone number)
  - Favorite toys, treats, blankets
  - Leash, collar, harness, muzzle, stakes and tie downs
  - Litter, litter pan, litter scoop
  - Newspaper (for bedding or litter)
  - Paper towels and plastic baggies
  - First aid kit and manual (call your vet)

# Disaster Tips

## Visual Impairments continued

**2. Make a Plan** Create a Personal Assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. Some things to consider are:

- ❑ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ❑ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, pager, instant message, etc.).

# Disaster Tips

## Visual Impairments continued

- ❑ Decide where to meet your household members if you become separated.
- ❑ Complete an Emergency Health Information Card.
- ❑ Canes: if you use a cane, keep extras in strategic, consistent and secured locations at job, home, school, volunteer site, etc. to help you maneuver around obstacles and hazards.
- ❑ Pets and service animals may become confused or frightened during and after disaster; keep them confined or securely leashed/harnessed. A leash/harness is an important item for managing a nervous animal. Be prepared to use alternative ways to negotiate your environment.
- ❑ Plan for losing the auditory cues you usually rely upon after a major disaster.

# Disaster Tips

## Visual Impairments continued

- ❑ Mark emergency supplies with large print, fluorescent tape or Braille.
- ❑ If you have some vision, place security lights in each room to light paths of travel. These lights plug into electrical wall outlets and light up automatically if there is a loss of power. They will, depending on type, continue to operate automatically for 1 to 6 hours and can be turned off manually and used as short-lasting flashlight.
- ❑ Secure Computers and anchor special equipment. Create a back-up system for important data and store it off-site.

# Disaster Tips

## Visual Impairments continued

### 3. Be Informed

- ❑ Learn your community's response and evacuation plans.
- ❑ Learn the emergency plans and procedures that exist in places you and your family spend time. Develop a communication plan with them.
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- ❑ Ask your city or county how they will warn you of a disaster situation.
- ❑ Know which television and radio stations in your area broadcast the Emergency Alert System.
- ❑ Ask your local emergency management office if they have an emergency notification system that can interface with a TTY. This system can contact people in an affected area.



# Disaster Tips

## Visual Impairments continued

CHECK OFF	DATE	ACTIVITY TO BE COMPLETED
		Put together my Disaster Supplies Kit.
		Completed a Personal Assessment.
		Created a Support Network.
		Arranged an out-of-town contact.
		Completed my Emergency Health Information Card.
		Installed audible, vibrating and visual smoke alarms.
		Gathered my Emergency Documents.
		Created my Communication Plan.
		Told my family, neighbors, local emergency teams, local fire department what I need in an emergency situation.



# Parents or Caregivers of Children

Disaster Tips

# Disaster Tips

## Parents or Caregivers of Children

### 1. **Get a Kit** (In addition to the Disaster Supplies Kit highlighted later in this presentation)

- ❑ A list of children for whom they are providing care, including:
  - Full name and nicknames
  - Date of birth
  - Copy of birth certificate
  - Recent photograph
  - Name of legal guardian
  - Authorization for medical treatment
  - List of allergies
  - List of medications taken on a regular basis (include dosage), what it's prescribed for and pharmacy name and phone number

# Disaster Tips

## Parents or Caregivers of Children continued

- ❑ If a child has “functional needs”: (diabetes, cerebral palsy, visual impairment, etc.), please list the following:
  - Type of functional need
  - Medications (include: dosage, what it's prescribed for and pharmacy name and phone number)
  - Physician's name, office address and phone number
- ❑ Name, address and phone number of school (daycare, elementary, middle school, high school or college) child attends along with the name of teacher and class.
- ❑ Name, address and phone number of specialized school/facility.

# Disaster Tips

## Parents or Caregivers of Children continued

- ❑ List of other caregivers along with contact information (name, address and phone number) and what their roles are (e.g. pick up from school/daycare).
- ❑ Caregiver should have alternate contact numbers for parents or others who can pick up children.
- ❑ Digital picture of child along with pertinent information (height, weight, color of hair, color of eyes, any distinguishing marks). E-mail to self so you will always have it with you.

# Disaster Tips

## Parents or Caregivers of Children continued

**2. Make a Plan** Create a Personal Assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. Some things to consider are:

- ❑ Meet with your family members, friends, and building manager to review community hazards and emergency plans. Tell them where you keep your emergency supplies.
- ❑ Choose an out-of-town contact. Following a disaster, family members should call this person and tell them where they are. Everyone must know how to contact this person (e.g. TTY, email, pager, instant message, etc.).

# Disaster Tips

## Parents or Caregivers of Children continued

- ❑ Daycares/Schools note: If daycare center/school is not accessible, list a primary and a secondary reunification site.
- ❑ Complete an Emergency Health Information Card for each child.
- ❑ Install audible and visual alarms and smoke detectors.

# Disaster Tips

## Parents or Caregivers of Children continued

### 3. Be Informed

- ❑ Learn your community's response and evacuation plans.
- ❑ Learn the emergency plans and procedures that exist in places you and your family spend time. Develop a communication plan with them.
- ❑ Some communities may ask people with a disability to register so assistance can be provided in an emergency. Contact your local emergency authorities.
- ❑ Ask your city or county how they will warn you of a disaster situation.
- ❑ Know which television and radio stations in your area broadcast the Emergency Alert System.
- ❑ Ask your local emergency management office if they have an emergency notification system that can interface with a TTY. This system can contact people in an affected area.



# Disaster Tips

## Parents or Caregivers of Children continued

CHECK OFF	DATE	ACTIVITY TO BE COMPLETED
		Put together my Disaster Supplies Kit.
		Completed a Personal Assessment.
		Created a Support Network.
		Arranged an out-of-town contact.
		Completed my Emergency Health Information Card.
		Installed audible, vibrating and visual smoke alarms.
		Gathered my Emergency Documents.
		Created my Communication Plan.
		Told my family, neighbors, local emergency teams, local fire department what I need in an emergency situation.



# Disaster Tips

## Make a Disaster Supplies Kit

A disaster supplies kit is a collection of basic items a family would probably need to stay safe and be more comfortable during and after a disaster.

- ❑ Disaster supplies kit items should be stored in a portable container(s) as close as possible to the exit door.
- ❑ Review the contents of your kit at least once per year or as your family's needs change.
- ❑ Consider having emergency supplies in each vehicle and at your place of employment.

# Disaster Tips

## Make a Disaster Supplies Kit continued

**WATER** – Store water in plastic containers such as soft drink bottles.

- ❑ Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
- ❑ A normally active person needs to drink at least two quarts of water each day.
- ❑ Hot environments and intense physical activity can double that amount.
- ❑ Children, nursing mothers and ill people will need more.

## Disaster Tips

### Make a Disaster Supplies Kit continued

- ❑ Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation and sanitation).
- ❑ Keep at least a three-day supply of water for each person in your household.

# Disaster Tips

## Make a Disaster Supplies Kit continued

**FOOD** – Store at least a three-day supply of non-perishable food.

- ❑ Select foods that require no refrigeration, preparation or cooking and little or no water.
- ❑ If you must eat food, pack a can of Sterno.
- ❑ Select food items that are compact and lightweight.
- ❑ Include a selection of the following foods in your Disaster Supplies Kit:
  - Ready-to-eat canned meats, fruits and vegetables
  - Canned juices, milk, soup (if powdered, store extra water)
  - Staples such as sugar, salt, pepper
  - High-energy foods – peanut butter, jelly, crackers, granola bars, trail mix

# Disaster Tips

## Make a Disaster Supplies Kit continued

- Include a selection of the following foods in your Disaster Supplies Kit (continued):
  - Vitamins
  - Foods for infants, elderly person or persons with special diets
  - Comfort/stress food – cookies, hard candy, sweetened cereal, lollipops, instant coffee, tea bags

# Disaster Tips

## Make a Disaster Supplies Kit continued

**FIRST-AID KIT** – assemble a kit for your home and one for each car. A first-aid kit should include:

- ❑ Sterile adhesive bandages in assorted sizes
- ❑ 2" sterile gauze pads (4-6)
- ❑ 4" sterile gauze pads (4-6)
- ❑ Hypoallergenic adhesive tape
- ❑ Triangular bandages (3)
- ❑ 2" sterile roller bandages (3 rolls)
- ❑ 3" sterile roller bandages (3 rolls)
- ❑ Tube of petroleum jelly or other lubricant



# Disaster Tips

## Make a Disaster Supplies Kit continued

- ❑ Assorted sizes of safety pins
- ❑ Scissors
- ❑ Cleansing agent/soap
- ❑ Needles
- ❑ Latex gloves (2 pairs)
- ❑ Tweezers
- ❑ Moistened towelettes
- ❑ Antiseptic
- ❑ Thermometer (medical)
- ❑ Tongue depressors (2)
- ❑ Sunscreen

# Disaster Tips

## Make a Disaster Supplies Kit continued

### **NON-PRESCRIPTION DRUGS**

- ☐ Aspirin or non-aspirin pain reliever
- ☐ Anti-diarrhea medication
- ☐ Laxative
- ☐ Antacid (for stomach upset)

# Disaster Tips

## Make a Disaster Supplies Kit continued

### TOOLS AND SANITATION

- ❑ Mess Kits, or paper cups, plates and utensils
- ❑ Battery operated radio and extra batteries
- ❑ Flashlight and extra batteries
- ❑ Cash, traveler's checks, change
- ❑ Non-electric can opener, utility knife
- ❑ Map of the area (for locating shelters)
- ❑ Emergency Preparedness Manual
- ❑ Fire extinguisher: small – ABC type
- ❑ Tent
- ❑ Pliers
- ❑ Tape (duct)

# Disaster Tips

## Make a Disaster Supplies Kit continued

- ❑ Compass
- ❑ Paper, pencil
- ❑ Signal flare
- ❑ Whistle
- ❑ Plastic sheeting
- ❑ Medicine dropper
- ❑ Matches in a waterproof container
- ❑ Plastic storage containers, bags
- ❑ Shut-off wrench, to turn off house gas and water
- ❑ Sewing kit (needles, thread)
- ❑ Aluminum foil

# Disaster Tips

## Make a Disaster Supplies Kit continued

### **SANITATION**

- ☐ Toilet paper, towelettes
- ☐ Soap, liquid detergent
- ☐ Feminine supplies
- ☐ Plastic garbage bags, ties
- ☐ Plastic bucket with tight lid

# Disaster Tips

## Make a Disaster Supplies Kit continued

### **CLOTHING AND BEDDING**

- ☐ Sturdy shoes or work boots
- ☐ Rain gear
- ☐ Blankets or sleeping bags
- ☐ Sunglasses
- ☐ Thermal underwear
- ☐ Hat and gloves

# Disaster Tips

## Make a Disaster Supplies Kit continued

**SPECIAL ITEMS** – Remember family members with special needs, such as infants and elderly or persons with disabilities.

**For Baby:**

- ☐ Formula
- ☐ Diapers
- ☐ Bottles
- ☐ Medications
- ☐ Powdered milk

# Disaster Tips

## Make a Disaster Supplies Kit continued

### **For Adults:**

- ☐ Heart and high blood pressure medication
- ☐ Other prescription drugs
- ☐ Insulin
- ☐ Extra eye glasses
- ☐ Contact lenses and supplies
- ☐ Denture needs



# Disaster Tips

## Make a Disaster Supplies Kit continued

**IMPORTANT FAMILY DOCUMENTS** – Keep these records in a waterproof, portable container.

- ❑ Will, insurance policies, contracts, deeds, stocks and bonds
- ❑ Passports, social security cards, immunization records

List for Disaster Supplies Kit courtesy of: [www.ready.illinois.gov](http://www.ready.illinois.gov)

# Emergency Health Information Card

Emergency Health Information Card		Emergency Health Information Card	
Date Updated:		<b>Emergency Contact #1:</b>	
Name:		Relationship:	
Address:		Address:	
City, State, Zip:		City, State, Zip:	
Day Phone:		Day Phone:	
Evening Phone:		Evening Phone:	
Cell Phone:		Cell Phone:	
E-mail:		E-mail:	
Birth Date:	Blood Type:	<b>Emergency Contact #2:</b>	
Health Plan:		Relationship:	
Individual #:	Group #:	Address:	
<b>Doctor's Name:</b>		City, State, Zip:	
Address:		Day Phone:	
City, State, Zip:		Evening Phone:	
Phone:	Fax:	Cell Phone:	
E-mail:		E-mail:	
<b>Pharmacist's Name:</b>		<b>Special Conditions:</b>	
Address:		Medications/Dosages:	
City, State, Zip:		Allergies:	
Phone:	Fax:	Communications/Devices/Equipment/	
E-mail:		Other:	



# Disaster Tips

## Emergency Health Information Card

1. This card should be duplicated as needed
2. Cut out card along the dotted lines.
3. Write in contact information for each household member. Use the back side of this card if you need additional space.
4. Fold the card so it fits into your pocket, wallet or purse.
5. Carry your card at all times so it is available in the event of a disaster or other emergency. Place it near your driver's license, school I.D., etc.
6. This card can be found in the publication "Emergency Preparedness Tips for Those with Functional Needs"

[http://www.ready.illinois.gov/pdf/PreparednessTips\\_FunctionalNeeds.pdf](http://www.ready.illinois.gov/pdf/PreparednessTips_FunctionalNeeds.pdf)

# Preparing for Disaster for People with Disabilities and Other Needs

## Preparing for Disaster for People with Disabilities and other Special Needs



FEMA



American  
Red Cross

*Together, we can save a life*



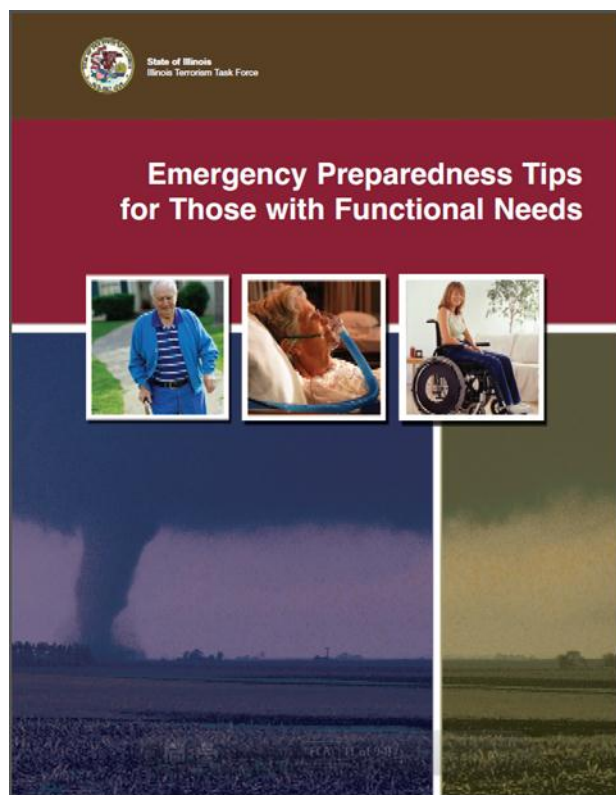
This publication can be found at:

<http://www.redcross.org/www-files/Documents/Preparing/A4497.pdf>

(This publication is also contained in "Emergency Preparedness Tips for Those with Functional Needs"

[http://www.ready.illinois.gov/pdf/PreparednessTips\\_FunctionalNeeds.pdf](http://www.ready.illinois.gov/pdf/PreparednessTips_FunctionalNeeds.pdf)

# Preparing for Disaster for People with Disabilities and Other Needs



The preceding presentation was an overview, presented in part, of the document prepared by the State of Illinois, Illinois Terrorism Task Force. View the complete document for more detailed information. This publication can be found at:

[http://www.ready.illinois.gov/pdf/PreparednessTips\\_FunctionalNeeds.pdf](http://www.ready.illinois.gov/pdf/PreparednessTips_FunctionalNeeds.pdf)

(This publication also contains the Emergency Health Information Card and "Preparing for Disaster for People with Disabilities and other Special Needs")

Office of the Attorney General  
[www.illinoisattorneygeneral.gov](http://www.illinoisattorneygeneral.gov)

Illinois Council on Developmental Disabilities  
[www.state.il.us/agency/icdd](http://www.state.il.us/agency/icdd)

Illinois Deaf and Hard of Hearing Commission  
[www.idhhc.state.il.us/](http://www.idhhc.state.il.us/)

Illinois Department of Human Services  
[www.dhs.state.il.us/page.aspx](http://www.dhs.state.il.us/page.aspx)

Illinois Department on Aging  
[www.state.il.us/aging](http://www.state.il.us/aging)

Illinois Emergency Management Agency  
[www.iema.illinois.gov/](http://www.iema.illinois.gov/)  
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American Red Cross  
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Federal Emergency Management Agency (FEMA)  
[www.fema.gov](http://www.fema.gov)

U.S. Department of Homeland Security  
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National Organization on Disability  
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[http://www.samhsa.gov/Matrix/matrix\\_disaster.aspx](http://www.samhsa.gov/Matrix/matrix_disaster.aspx)  
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## References

### Agency Listings and Websites